

Edition #23

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June 2026

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YOUR CARE 4 CARERS NEWSLETTER

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Supporting people who care for others

Stepping Out:
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STILL CARING - JAPANESE GARDEN MAY 2026

CARE 4 CARERS SERVICE UPDATES

STILL CARING SUMMER PROGRAMME

◀◀◀ STILL CARING SUMMER EVENTS

We have some additional events in August as part of our Summer Programme. Take a look at what's coming up on the next page of this newsletter and if you would like to register your interest:

Call **0131 661 2077** or email: stillcaring@care4carers.org.uk

FREE FRINGE TICKETS ▶▶▶

We are able to provide access to a wide range of Edinburgh Fringe shows to unpaid carers and their families, thanks to the generosity of the artists who donate tickets to their shows through the Community Ticketing Initiative.

FRINGE FESTIVAL TICKETS

If you would like access to free tickets, please contact us and we will send you further information.

Call **0131 661 2077** or email: stillcaring@care4carers.org.uk

SUMMER STILL CARING ACTIVITIES >>>

ACRYLIC PAINTING WORKSHOPS, LANDSCAPES AND SEASCAPES Thursdays 6th to 27th August 2pm – 3.30pm at St Margaret's House

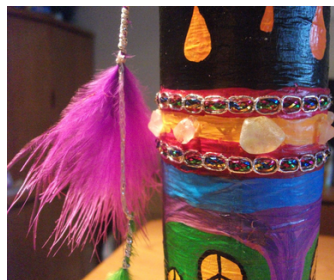


In these relaxed and welcoming workshops, join Musselburgh-based artist Josh Cowan to explore the beauty of acrylic painting through landscapes and seascapes. Across four weeks, you'll be gently guided through techniques that bring colour, texture and atmosphere to life, with inspiration drawn from the natural world around us. Each session offers the flexibility to start a new painting or continue developing the same piece over time, allowing you to work at your own pace and build confidence. Whether you're new to painting or looking to reconnect with your creativity, these sessions provide a supportive space to experiment, learn and create work that reflects your own style.

GET READY FOR THE GREAT BRITISH PARTIAL ECLIPSE! Friday 7th August – 2pm – 3.30pm at St Margaret's House

On the 12th of August, the sky over Edinburgh will play host to a breathtaking partial solar eclipse... Join the experts from Cosmos Planetarium for a special 'Eclipse Prep Day' on Friday, 7th August. This interactive workshop covers everything you need to observe the sun safely. Learn the secrets of smartphone solar photography, explore pinhole and projection techniques, and take home a pair of safe solar glasses for free.

Whether you are a seasoned stargazer or a curious beginner, come along and help us share the wonders of the cosmos with you.



MUSIC, MEDITATION & PAINTING WORKSHOP Wednesday 12th August – 2pm – 3.45pm at St Margaret's House

Drift away from the day to day overload to a deeper meditative space exploring the gentle sounds of the tongue drum to soothe and inspire. We will explore painting with different techniques - helping you to fully relax and take some time out just for you. Refreshments will be provided.

CARER SUPPORT GROUP

<<< MONTHLY CARER SUPPORT

Our monthly Carer Support Group is open to all carers on the first Thursday of each month from 1.30pm-3pm in Room 1.10 (1st Floor at St Margaret's House). Please note that this group is not a drop in and you should register your interest with us beforehand if you would like to attend.

Call us on: **0131 661 2077** or email: **stillcaring@care4carers.org.uk**

MORE NEWS AND INFORMATION.....



Carers Week 2026 will take place from June 8 to June 14 and will focus on the theme of Building Carer Friendly Communities, aiming to raise awareness and support for unpaid carers. The campaign highlights the importance of recognising and valuing the contributions of carers in their communities.

CARE FOR CARERS WEBSITE RELAUNCH >>>

We are excited to share that Care for Carers will be launching our newly designed website with you soon. This will provide all our up to date events, programme of activities and additional support available to carers. Keep an eye on our social media page so that we can let you know when it has gone 'live'.



Please also let us know what you think - we would love to hear your feedback.

INVITATION FROM THE EDINBURGH MEDICAL SCHOOL >>>

A fun, relaxed, musical morning to say 'Thank you' to unpaid carers in Edinburgh and the Lothians. This event is quite simply one way of saying 'Thank you' to many of the unpaid carers living in our community during Carers Week 2026. The invitation is open to any carer, living in Edinburgh and the Lothians, to come enjoy some live music, tea, cake and socialising with peers. Your musical entertainment will be an eclectic mix of styles and will be provided by musical volunteers from across the University of Edinburgh community.

Greyfriars Charteris Centre, 138-140 Pleasance, Edinburgh.

You can find out more and book a free ticket on Eventbrite through the following link: **A Note of Thanks - Carers Week Music Event Tickets, Tuesday, June 9 • 10:30 AM - 12:30 PM | Eventbrite.**

A yellow poster for 'A Note of Thanks' event. It features a treble clef and musical notes. The text reads: 'A NOTE OF THANKS', 'Carers Week Music Event - FREE', 'GREYFRIARS CHARTERIS CENTRE, EDINBURGH', 'TUESDAY 9 JUNE 2026 | 10.30 AM-12.30 PM', 'A fun, relaxed morning to say 'Thank you' to unpaid carers in Edinburgh and the Lothians.', 'LIVE MUSIC, TEA, CAKE AND SOCIALISING!', 'Enjoy an eclectic mix of music by University of Edinburgh volunteers, and connect with local carer support organisations.', a QR code with 'SCAN TO BOOK' text, and the 'EDINBURGH MEDICAL SCHOOL 300' logo. The Carers Week logo is also present at the bottom.



◀◀ UPCOMING EVENTS

There is a very clear link between a cold home and poor health – living in a cold, damp environment can exacerbate health problems such as respiratory illnesses and heart conditions.

Those requiring vaccinations tend to be our most vulnerable householders who often feel the impact of the cold the most.

Due to this, over the last 10 years Home Energy Scotland have partnered with the NHS and Health And Social Care teams to attend their vaccination clinics offering free, impartial energy saving advice to householders.

This Spring Home Energy Scotland will be attending 5 vaccination clinics across Edinburgh, including:

- Ocean Terminal
- Waverly Mall
- Craigmillar
- Conan Doyle
- Pennywell

Spring festivals and fairs - As the weather warms up and the festival season begins, Home Energy Scotland will be providing free and impartial energy saving advice to householders at a range of fairs and festivals.

Including:

- Meadows Festival – 6-7 June
- Leith Festival Gala Day – 13 June
- Royal Highland Show – 18-21 June
- Edinburgh Climate Festival – 27 June
- Border Union Show – 24-25 July

Referrals for Energy Support

If you need support with any energy concerns, Care for Carers can make direct referrals on your behalf. Call us on 0131 661 2077 or email: enquiries@care4carers.org.uk to discuss further.

➤➤➤ CARERS TRUST SURVEY

The University of Birmingham is inviting people who regularly help care for or support a partner, family member, or friend to take part in a survey.

Your feedback on 7-10 questions will help ensure they are clear, relevant, and reflect real-life caring experiences.

You'll be helping shape research for the Department of Health and Social Care that aims to improve support, services, and everyday life for people who care for someone close to them.

If you are over 18 and are not paid for the support you give one person or more, the University would love to hear from you.

Sessions will be one hour, online and one-to-one with a member of the University's research team. The University will offer £30 for participating in the research and £20 per hour for any replacement care required.

Please contact Karola Woods on k.v.woods@bham.ac.uk

➤➤➤ PARTNERS IN POLICY MAKING

In Control Scotland is delighted to announce that, with funding from the Scottish Government, we will be delivering Partners in Policymaking, a powerful leadership development programme for disabled adults (18+) and parents of disabled children (under 18). Partners in Policymaking supports people to build the knowledge, confidence, and leadership skills needed to:

- Speak up for themselves and others
- Influence services, policy, and decision-making
- Campaign for equality, rights, and social justice for disabled people
- Play a strong role in shaping and delivering self-directed support

PARTNERS IN POLICYMAKING PROGRAMME 2026 - 2027



WHAT IS THE PROGRAMME ABOUT?
Partners in Policymaking is an internationally recognised leadership development programme for parents of disabled children (up to the age of 18) and for disabled adults 18 years and over.

WHO CAN APPLY
People living anywhere in Scotland are entitled to apply for a place. There are 30 places available in total. We will be looking first and foremost for people who want to make improvements in the way services are provided for disabled people.

WHO IS PARTNERS FOR?
Participants on the programme are a mix of disabled adults and parents of disabled children. The programme is designed for people who think that life for disabled children and adults could be better and want to improve the way things are now.

HOW MUCH DOES IT COST?
Due to funding we have received from the Scottish Government we are able to offer it free to participants.

WHAT WILL I GAIN FROM ATTENDING?
Participants will build up their knowledge about what is happening in Scotland and beyond to promote the inclusion of disabled people in society. You will hear from some of the best teachers, thinkers and practitioners in the field of inclusion. Some 'Partners in Policymaking' graduates go on to influence policy making at a national level, while other graduates choose to work locally in their communities.

Closing date: 26th June 2026

For an application pack contact us on the email below.

info@in-controlscotland.org.uk

Many past participants describe Partners as life-changing and go on to take on leadership roles locally and nationally and become a true partner in the policymaking process.

Programme details

The 2026–2027 programme will run over 8 residential weekends at Stirling Court Hotel, between September 2026 and March 2027:

18–19 September 2026
9–10 October 2026
27–28 November 2026
11–12 December 2026
22–23 January 2027
19–20 February 2027
5–6 March 2027
26–27 March 2027

We have 30 places available and expect strong interest. This can feel like a lot of information so if you would like to have a chat please get in touch. To request an application form or find out more, please email: info@in-controlscotland.org.uk

We particularly encourage applications from people who want to make a difference in their own lives, their communities, and the future of disabled people's rights in Scotland.

If you no longer wish to receive our newsletter, please scan the QR code (right) to unsubscribe. Alternatively, please call 0131 661 2077 or email office@care4carers.org.uk or use our FREEPOST address: FREEPOST Plus RTXB-UUCY-EHBU Care for Carers 151 London Road, Edinburgh EH7 6AE

